

WEIHONG ZHENG, M.D.

BOSTON PREMIER ALLERGY, ASTHMA, AND IMMUNOLOGY
 20 PARK PLAZA, STE 804, BOSTON, MA 02116
 (617)-202-9986

ALLERGY AND ASTHMA CENTER OF BOSTON
 300 CHESTNUT ST., STE 600, NEEDHAM, MA 02492
 (781)-742-1208

	Dust Mites	Animals	Trees	Grass	Weed	Molds
You are allergic to the circled allergens	D. PTERONYSSINUS AND D. FARINAE	CAT, DOG, HORSE, FEATHER, PARAKEET, GERBIL, RABBIT, RAT, MOUSE, HAMSTER, GUINEA PIG	EARLY TREES: POPLAR, ASH, MAPLE, WILLOW LATE TREES: BIRCH, OAK, HICKORY, BEECH	MAJOR GRASSES: TIMOTHY AND RYE MINOR GRASSES: BERMUDA GRASS	MAJOR WEEDS: RAGWEED, MUGWORT SAGE, LAMBSQUARTERS MINOR WEED: PLANTAIN	ALTERNARIA, CLADOSPORIUM, HORMODENDRUM, ASPERGILLUS, PENICILLIUM, FUSARIUM, PULLULARIA, HELMINTHOSPORIUM
Time of Year	Dust mites are prevalent all year round and peaks during August and September. Dust mites breed in high humidity and feed on the flakes of skin that people and pets shed daily. Carpet over cement ground floor is highly infested. Dust mites are microscopic. The constant nature of the exposure to these allergens produces chronic nasal and lung symptoms.	Year round upon exposure. These are derived from an allergen that is secreted by salivary and sebaceous glands. Hair <u>does not</u> cause allergy. These allergens build up in the environment and are of extremely small particle size and penetrate deep into the lung. It may take several months to remove animal allergens. Avoidance is the best policy.	EARLY: These trees pollinate from March to April and generally have short seasons, but can be heavy for a brief time (a week or two). LATE: These trees pollinate in May and June. Birch and Oak are high volume pollens and cause severe allergies. Pollen exposure is worse at dawn and on dry windy days. Tree pollens are very potent and tend to cause significant clinical symptoms.	MAJOR: These grasses pollinate heavily in the later spring (May and June) and in months before and after depending on the weather. They are an important cause of allergy, because of the large quantity in the air. Pollen exposure is worse at dawn and on dry windy days. MINOR: These grasses are more important in the south, although they can be found in southern New England.	MINOR: This weed pollinates through the summer and may be important in some areas. MAJOR: These weeds pollinate from late August to the first frost, especially Ragweed and Mugwort sage, and are found in large quantity in the air. Pollen exposure is worse at dawn and on dry windy days.	Molds are prevalent from April to November with peak season being July-August. Heat and humidity lead to mold and mildew. Mold growth is high in bathrooms/basements. Outdoor exposure is usual major source of exposure.
Prevention	- Wash bedding in hot water every 1-2 weeks - Use woven micro-fiber allergy proof mattress/pillow covers on bedding. - Remove carpet from bedroom if possible - Dust mask when vacuuming.	- Keep pets outside or out of bedroom and keep door closed - Pre-medicate with antihistamine if exposure unavoidable - Regular bathing of pet -HEPA air cleaner	- Keep windows closed - Stay in an air conditioned environment - Shower after outdoor activities or shower at night - Machine dry clothes	- Wear mask mowing lawn - Keep windows closed - Stay in an air conditioned environment - Shower after outdoor activities or shower at night - Machine dry clothes	- Keep windows closed - Stay in an air conditioned environment - Shower after outdoor activities or shower at night -Machine dry clothes	- Use a dehumidifier - Avoid basements - Clean bathroom with anti-fungal agent - Limit plants in home - Wear mask when mowing/raking - HEPA air cleaner

*Note: A positive skin test does not necessarily mean that the substance tested is a cause of your allergy. You have to be exposed to a sufficient degree in order to have the allergen cause allergic symptoms.

*The allergens circled were positive on prick test while the allergens underlined were positive on intradermal test. Both findings are relevant to clinical symptoms.